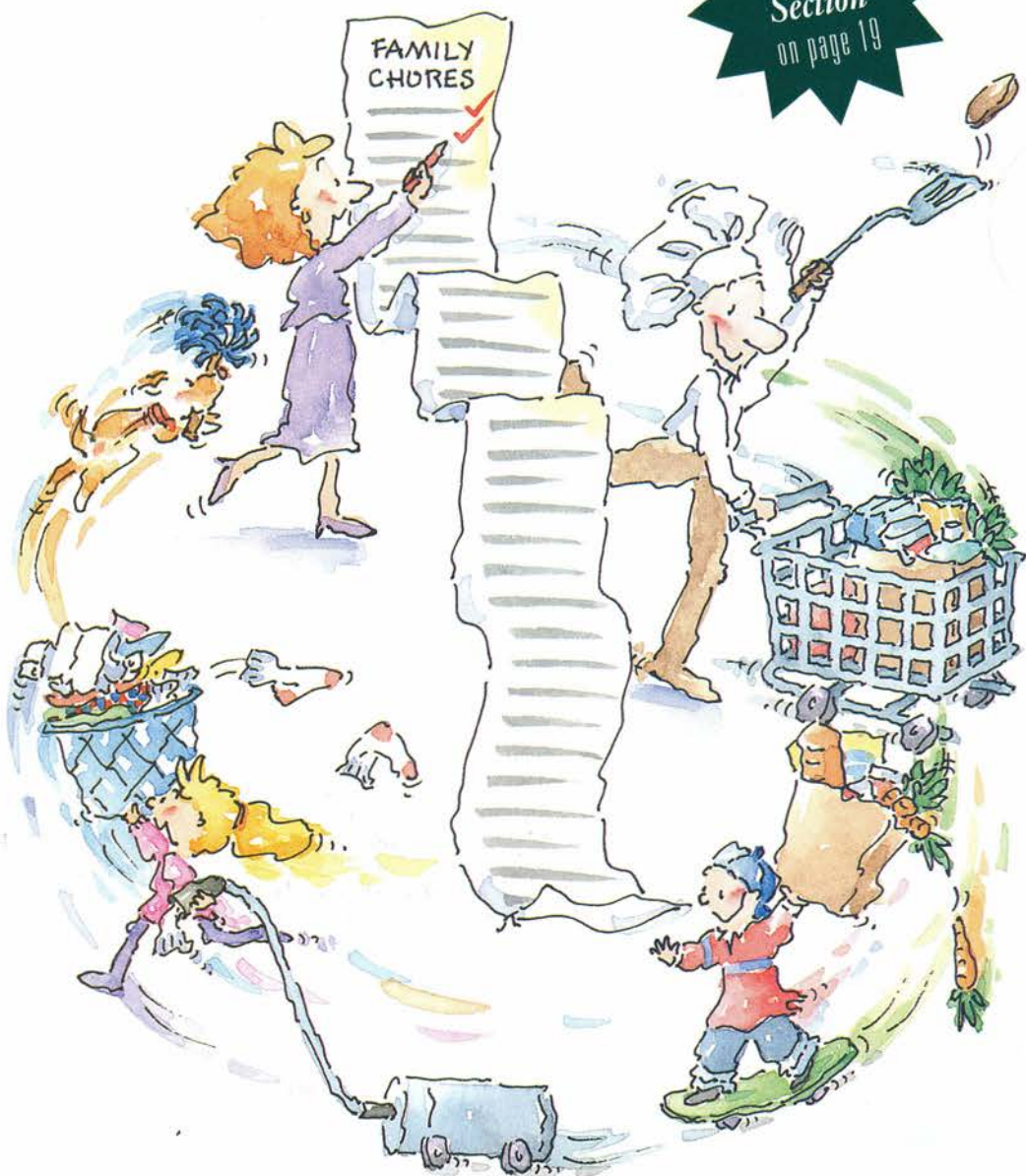


Healthy You

JANUARY/FEBRUARY 1997

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- How TV Helps Kids
- Mysterious Fibromyalgia
- Complete Class Schedule Inside

WomanCare
Section
on page 19



Spirit of Women 1997 Brochure Inside

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LEHIGH VALLEY
HOSPITAL AND
HEALTH NETWORK

A member of the PennCARESM health network

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Cover illustration by Johanna Hantel

Breathe Easier

This Winter

Avoiding
DUST
and MOLD
Can Ease
WINTER
ALLERGIES

It's winter and the pollen that aggravated your allergies was killed with the first frost. But you're still sneezing, so you must have a cold, right?

Not necessarily. You might be suffering from winter allergies. Caused primarily by dust and mold trapped indoors, these allergies have the same symptoms as colds and are treated with the same medication. The difference? A cold lasts three to 14 days; while winter allergies can last much longer.

"In the winter, we close up our houses and turn on the heat. Dust can blow around, especially with hot air heating systems," says Lehigh Valley Hospital physician William Kracht, M.D. "If it's old dust, it will have mold in it, too."

Dust contains dust mites, tiny insects that can cause allergic reactions. Mold spores are found in a number of places where moisture accumulates, including heating and cooling systems, ceilings, walls, carpets and drapes.

"Decongestants and antihistamines will treat the effects, but avoidance is 90 percent of the solution," Kracht says. "First identify the cause and then take steps to eliminate the problem."

Cleaning Dust and Mold

Avoiding winter allergies means cleaning up dust and mold and removing items that contain dust, including drapes, rugs and stuffed animals.

Bedrooms are also a major source of dust and mold, so Kracht suggests covering mattresses with plastic, vinyl or cotton. Carpets can be vacuumed using an extra bag or a HEPA filter, a special filter that catches dust and mold.

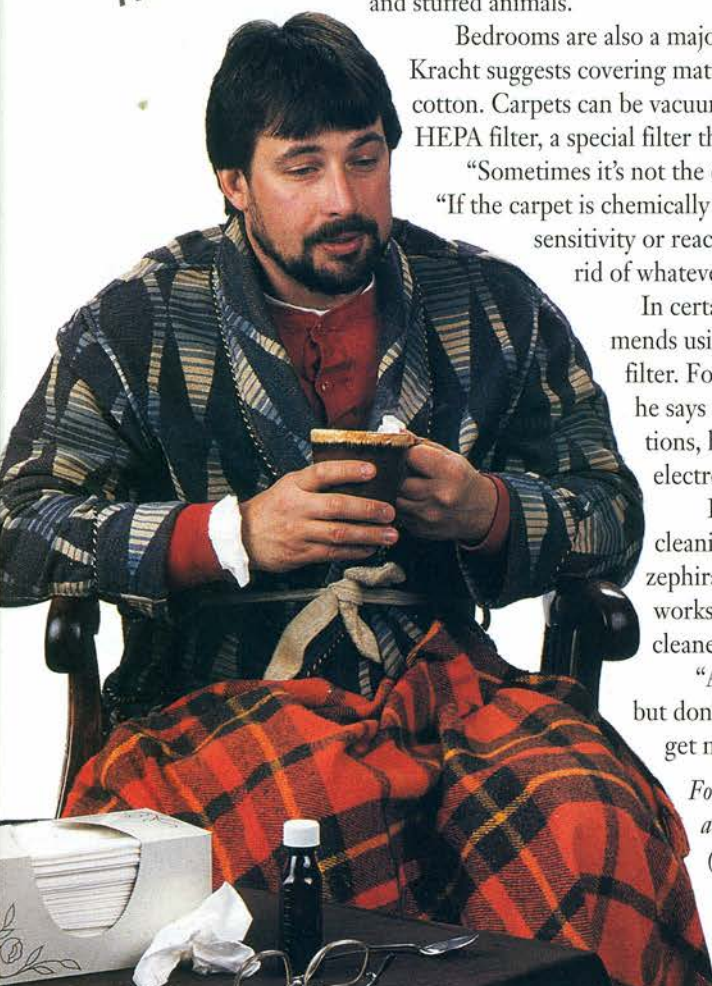
"Sometimes it's not the dust in the carpet," he says. "If the carpet is chemically treated, it can cause an allergic sensitivity or reaction. The solution may be getting rid of whatever is causing the problem."

In certain situations, Kracht recommends using air purifiers with a HEPA filter. For hot air heating systems, which he says aggravate dust and mold conditions, he recommends attaching an electrostatic filter.

For visibly moldy areas, try cleaning with a weak bleach solution or zephiran, a no-odor substitute. The duct works of heating systems should also be cleaned.

"A dehumidifier will prevent mold, but don't forget to clean it so it doesn't get moldy," Kracht says. ●

For more information on identifying and avoiding winter allergies, call (610) 402-CARE.



Which Fitness

Do you need a personal trainer or can you do it yourself?

It took a personal trainer for Oprah Winfrey to "Make the Connection" and meet her fitness goals. What will it take for you?

A personal trainer? A fitness club membership? A self-designed program?

Greg Salem, exercise physiologist and manager with Lehigh Valley Hospital and Health Network's Center for Health Promotion and Disease Prevention, offers four steps to choosing your fitness route:

- Assess your motivation level.
- Identify specific goals.
- Do some consumer homework (service, price and scheduling).
- Evaluate your options; choose the best match for your goals and motivation.

"It's important to set realistic goals and find ways to stay motivated," says Salem, who also works as a personal trainer. "Some people think a personal trainer is a great way to get in touch with themselves and stay motivated."

A Personal Trainer for Me?

Personal trainers are often identified with athletes and celebrities like Winfrey who pay top dollar for exercise training and meal planning and preparation. But personal trainers are common in the Lehigh Valley, Salem says.

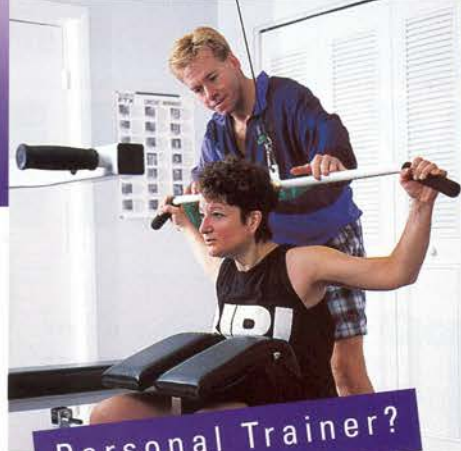
"Usually when someone wants a personal trainer, either they're not aware of their own abilities or their goals are too broad.

"From losing weight to training for a 5K, everyone's goals are different," he says. "When I meet people for the first time, I see what the needs are, match those needs to their current health status and then plan an exercise schedule that's convenient and goal-specific."

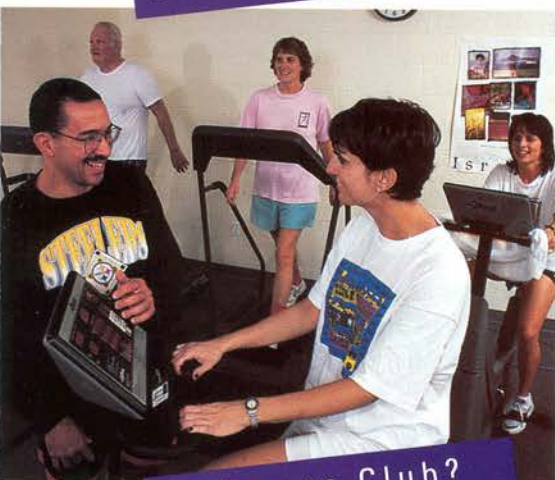
What About a Health Club?

For people who find the price tag of a personal trainer too steep, there's no shortage of places to work out, from private clubs to community organizations with fitness centers in their facilities. All have a variety of membership plans and on-site instruction.

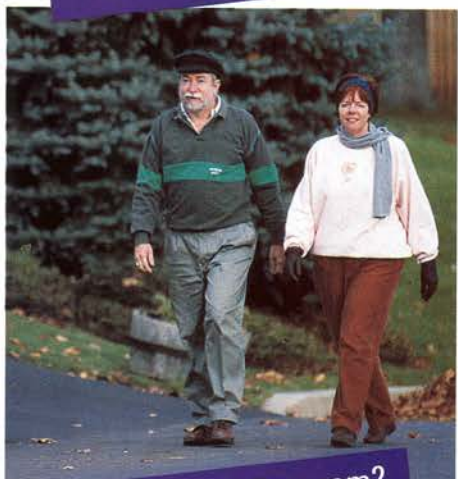
"A health club can provide the motivation, incentive and instruction many people



Personal Trainer?



Fitness Club?



Self-designed Program?

(Top photo): Christine Messina-Boyer, chief of staff for U.S. Rep. (D-Pa.) Paul McHale, chose Greg Salem as her personal trainer.

(Center photo): Fitness director, Clarence Cook (left) works with clients at the Jewish Community Center, Allentown.

(Bottom photo): Robert Hahn and Terri O'Leary, Bethlehem, chose walking for cardiovascular improvement.

Plan Fits You?

need to get over the hump of doing it on their own," says Clarence Cook, fitness director at the Jewish Community Center, Allentown.

To choose a fitness center, Cook recommends looking for:

- The variety of activities you need
- Convenient hours and scheduling
- Clean, safe equipment
- Equipment that's available when you need it
- Qualified instructors

"Once you start with a program, it's important to be patient and consistent," Cook says. "Focus on what's best for you."

Can I Do It Myself?

There are plenty of options if you decide to do it yourself — everything from the low-cost cardiovascular improvement of walking to the investment of a home fitness center.

But with motivation an obstacle, Salem recommends setting realistic goals and exercising patience with your progress.

Lehigh Valley Hospital and Health Network's new Priorities program allows people to design a personal program and eliminate frustration by taking small steps and experiencing small successes along the way (see story, right).

For people choosing their own fitness plan, Salem recommends doing some homework.

"The media promote awareness, not education," he says, "so whether you're getting a fitness plan from a book, on-line, television or a health club, make sure the source is reliable and current. Check background, experience and training."

Whatever the plan, a health assessment may be a good idea. "Some people should be checked by a physician before they exercise," says Thomas Young, M.D., internist, "and almost always that involves cardiac and blood pressure evaluation."

According to Young, get an exercise screening if you:

- Are more than 50 years old
- Have a family history of heart disease
- Have signs of illness
- Have had any heart disease, lung disease, high blood pressure or other major illness
- Haven't been to a physician in several years and have questions about your health ●

Design Your Own Health Improvement

Starting a health improvement program can leave you overwhelmed and frustrated, feelings that form major obstacles to achieving personal goals.

That's why Lehigh Valley Hospital and Health Network introduced Priorities, a flexible new program that lets people design their own health improvement plan.

"With the Priorities program, people take smaller steps and achieve smaller successes along the way," says Greg Salem, exercise physiologist and manager at the network's Center for Health Promotion and Disease Prevention. "This can prevent the frustration some people feel in a traditional 8-10 session program."

Priorities gives you a choice of one of six health concerns — heart health, cancer prevention, osteoporosis prevention, weight management, stress reduction and self-awareness.

Identify your current health priority and choose two or three of the many workshops to achieve your goals.

Choose the dates, times and locations that fit your schedule and take as long as you want to complete the program. And you can bring a partner at no extra charge.

For more information about Priorities, see page 9. Call (610) 402-CARE for a listing of affordable community health facilities.

Choosing Your Fitness Route

Personal Trainer

\$35-\$75/hour

Lots of personal attention

Lots of help staying motivated

Fitness Center/ Community Facility

\$250-\$2,000 annually

Some personal attention

Some help getting motivated

Doing it Yourself

\$0 (walking)-
\$1,000 (home fitness center)

You're on your own

Self-motivated

HOW TO CHOOSE A Health Plan

New Law Offers Protection for You

As of June 30, 1997, the Health Insurance Portability and Accountability Act (HIPAA) requires insurers to make individual coverage available to you if you lost your employer coverage. (It doesn't guarantee low rates, however.) HIPAA also limits the use of pre-existing condition exclusions. Check with your insurer about the specifics as they apply to you.

Choosing a Health Plan when You're Between Jobs

As a benefits administrator, Suzanne Weirback knew the ins and outs of health insurance. But when she was laid off from her job at NationsCredit, Allentown, getting coverage proved trickier than she'd expected.

"My husband was just starting his brewery business at the time," Weirback says. "I extended my corporate coverage while shopping for a plan to cover both of us. It was a long and complex process, but I found that you can get good coverage at reasonable rates if you do your homework."

Do you, too, see a layoff coming? Weirback, who today is a partner in her own benefits consulting business, offers the following suggestions:

1. Start checking your options right away. "If you wait until the last minute, you run the risk of going without coverage for a period of time."

2. Talk to your benefits department about COBRA. "This law lets you continue on your company health plan up to 18 months. It's expensive—you pick up the entire premium—but it's less expensive than buying health insurance on your own. And it can be a good safety net."

3. See if your spouse's company plan can cover you.

4. If you think you won't have another job within 18 months, look into individual policies. "Don't wait until COBRA runs out. There are many options, including managed care as well as traditional insurance, for individuals today. Learn all you can...and read the fine print."

5. Think carefully about what coverage you really need. "If you're young and healthy, you may only need catastrophic coverage—a big deductible in return for reduced premiums. Also, look at the real costs and benefits of things like dental and vision coverage." ●

For a full list of Questions to Ask about Health Plans, as well as local resources for group coverage of individuals, call (610) 402-CARE.

Suzanne Weirback (right) and her partner, Linda Bobst, provide benefits consulting to small businesses through their Johnston Consulting Group, Inc.



The Healthy Side of Fats

Olive and Canola Oils Lead the List of Fats We Need

It's not hard to find bad news about fats these days, but there's good news, too. Some delicious foods have fats that are good for your body.

"Your body *needs* dietary fats in small amounts," says Lehigh Valley Hospital clinical dietitian Karen Friedly. "Dietary fat carries fat soluble vitamins A, D, E and K, and breaks them down so your body uses them properly."

Leading the list of healthy choices are canola and olive oils, both fats that help decrease cholesterol.

■ Healthy Choices

Olive oil varies in quality, taste and price, but whether you choose a dark, extra virgin variety or a lighter version, the health benefits are the same — and it's a delicious dressing for salads, baked potatoes and other dishes.

Canola oil is made from bright yellow flowers that yield a tiny seed, which is then pressed into oil.

"Canola oil is a great substitute for shortening in cakes, muffins and pie crusts and is good for all kinds of cooking," Friedly says.

She also suggests small amounts of avocado, but recommends caution with peanut oil, which can have a short shelf life.

Another good catch is omega-3 fat found in fresh albacore tuna, salmon, bluefish or swordfish, but Friedly warns against buying pure fish oil supplements that are high in calories and may affect blood clotting time.

■ Fats to Avoid

The bad news about fat lies in lard, solid vegetable shortening, vegetable oil, heavy cream, sour cream, butter and whole milk.

"It's important to avoid high intakes of saturated fat, dietary cholesterol and excess calories, all of which can lead to overweight and higher blood cholesterol levels," Friedly says.

"You also have to be careful in choosing fat substitutes," she says. "For example, make sure you choose margarine that has 100 percent liquid oil as its first ingredient."

"We recommend no more than two to three servings per day of any fat. And remember that fat-free doesn't mean calorie-free. If you replace fat with carbohydrates, they have calories, too." ●

For dietary fat guidelines, call (610) 402-CARE.

Kitchen Safety Begins in the Bedroom

Choosing the Right Clothing Is the First Step to Safe Cooking

You don't have to follow fashion trends in the kitchen, but choosing clothes with an appropriate style, fabric and weave can help eliminate fire and burn hazards.

"A common source of kitchen burns and fires for older adults is when long, loose sleeves typically found on bathrobes come into contact with a stove-top burner or other heating element," says Jean Hertzog, of the Burn Prevention Foundation, funded in part by Lehigh Valley Hospital and Health Network.

"We recommend wearing garments with short or tightly fitting sleeves when cooking," she says. "If you must wear long sleeves, fasten the wrist area with a Velcro® or elastic band."

Hertzog also recommends avoiding polyester, because when ignited, the fabric will melt on the skin. Wool and fabrics with a tight weave are less likely to ignite.

"Burn prevention is especially important for older adults," Hertzog says. "As we grow older, we react a little more slowly, our skin gets thinner and we're likely to have chronic physical conditions that will be aggravated by smoke or burns."

Stove-top Safety

The Burn Prevention Foundation recommends older adults take extra caution around the stove and oven:

- **Avoid reaching over front burners that are turned on**, using burners that are too large for pans and leaning up against a range.
- **Keep pot handles turned inward** toward the stove.
- **Rearrange cupboards so you don't have to reach over the stove** for everyday items like salt and pepper.
- **Don't use crocheted pot holders or tea towels with fringe.**

Use large mitts, especially when reaching in the oven.

If your clothing does catch on fire, remember: *Drop* to the ground, *roll* over and over, and *cool* the burn immediately with

cool water (if you can't drop and roll because of a disability, keep a large towel handy to smother the fire). Remove non-sticking burned clothing, cover the burn and get medical help. Don't use antiseptic lotions or sprays.

The Burn Prevention Foundation also suggests you avoid long, dangling electrical cords common on older appliances. And don't forget to unplug appliances when not in use and replace them if the cords become frayed. ●

For a free home safety checklist, call (610) 402-CARE. Attend a "Home Hazards" program Jan. 23; see page 18 for details.



Illustration by Martha Miller

Tell us how we're doing

We've delivered the new **Healthy You** to homes in the Lehigh Valley for six months. We hope you have found **Healthy You** helpful as a local source of health information. Take a few moments to share your opinion and receive a token of our appreciation.



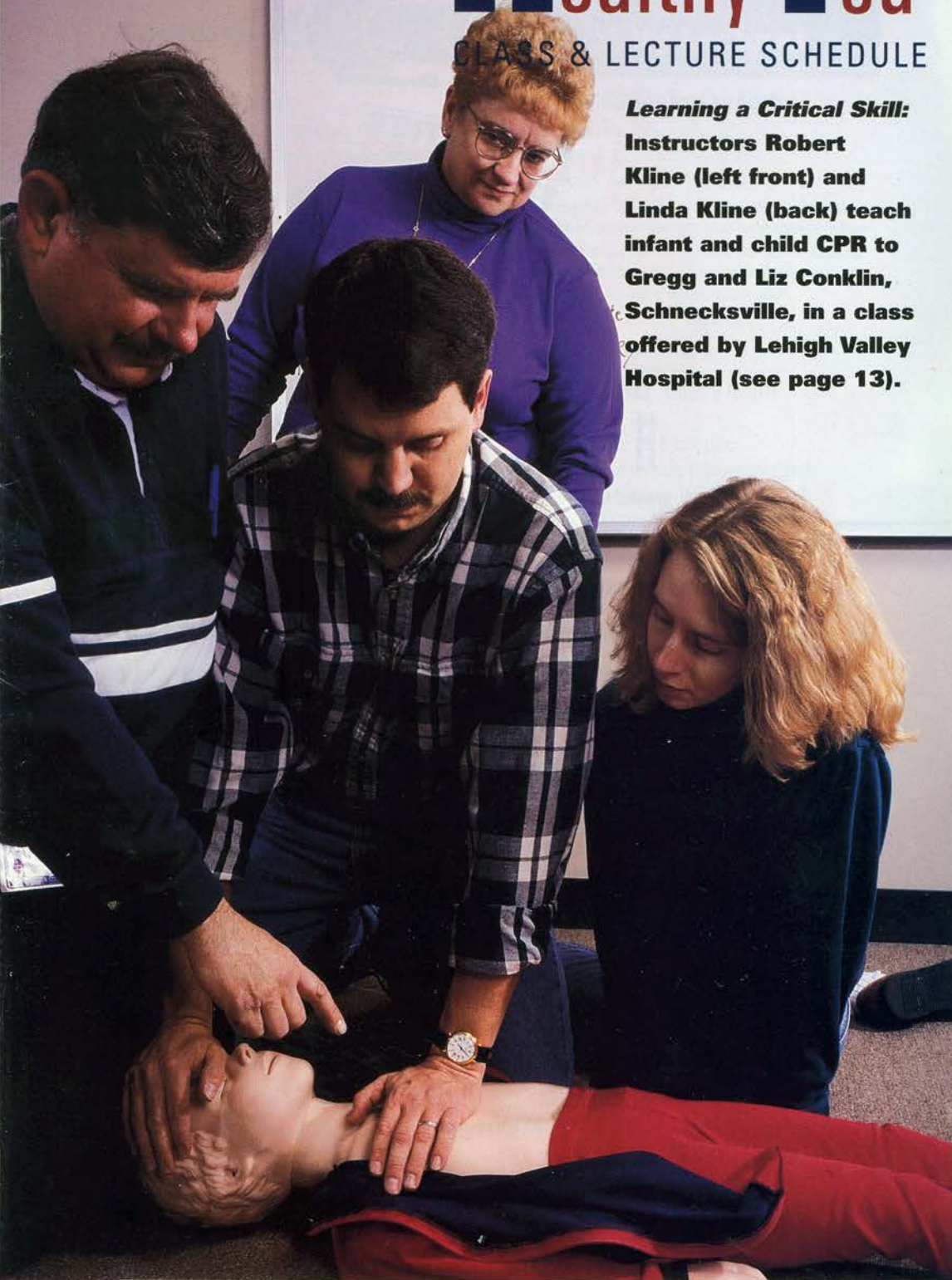
See survey card between pages 22 and 23.

Healthy You

CLASS & LECTURE SCHEDULE

Learning a Critical Skill:

Instructors Robert Kline (left front) and Linda Kline (back) teach infant and child CPR to Gregg and Liz Conklin, Schnecksville, in a class offered by Lehigh Valley Hospital (see page 13).



<i>Specialty Lectures</i>	9	<i>CPR Courses</i>	13
<i>Priorities</i>	9	<i>Speaker's Bureau</i>	13
<i>Healthy Eating</i>	9	<i>Support Groups</i>	13
<i>Shape-up Solutions</i>	10	<i>Women's Health</i>	13
<i>Stress Reduction Programs</i>		<i>Children's Health</i>	14
<i>for Adults</i>	12	<i>Childbirth and</i>	
<i>Smoking Cessation Classes</i>	12	<i>Parenting Education</i>	15
<i>Diabetes Education</i>	12	<i>Registration Form</i>	17
<i>Cancer Education</i>	13	<i>Bulletin Board</i>	18



- For extra energy, greater endurance and better health in the new year, put your priorities in order. Lehigh Valley Hospital and Health Network offers a comprehensive list of options to help you in your pursuit. ■ The new PRIORITIES program was created by our health promotion professionals to meet the needs of your busy schedule.
- Read pages 8-18 to learn about Priorities and the rest of our wellness course offerings.
- Also in this issue:** ■ Learn about the latest breakthroughs in the diagnosis and treatment of premenstrual syndrome by attending "New Horizons for the Management of PMS."
- "Pediatric Emergencies at Home" will help you to keep your children safe and healthy.

How To Register

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. If you are registering for a free class, call our special phone line. Choose from a variety of methods for enrolling in other classes. For more information, call (610) 402-CARE.



BY FAX: You can register by fax with payment by **MasterCard** or **Visa**. Fax (610) 402-3020. Use the registration form on page 17.



BY PHONE: You can register with a credit card by telephone. Call (610) 402-CARE, Monday-Friday, 8:30 a.m. - 4:30 p.m.



BY MAIL: Use the registration form on page 17.



IN PERSON: You can register in person at the Center for Health Promotion & Disease Prevention, 1243 S. Cedar Crest Blvd., Allentown, Pa.

CLASS LOCATIONS

ABBREVIATIONS

Lehigh Valley Hospital, Cedar Crest & I-78	CC
Lehigh Valley Hospital, 17th & Chew	17
School of Nursing, 17th & Chew	SON
Morgan Cancer Center, Cedar Crest & I-78	MCC
1243 S. Cedar Crest Blvd.	1243
2166 S. 12th St., Allentown	2166

NEW LOCATIONS!

Cedar Crest College	CCC
Muhlenberg Hospital Center	MHC
Wellness Center	WC

Priorities Program

Choose your Priorities:

◆ You can choose from six sets of Priorities (listed below). Each consists of two or more classes or lectures described in the following pages and is indicated with the letters (PS) behind their titles. Priorities (PS) classes can be taken individually for the fee listed.

HEART HEALTH PRIORITIES...

includes three workshops:

- ◆ Antioxidants
- ◆ What's in the Cart? for Heart Health
- ◆ Building Your Activity Pyramid

\$79 for one/two persons and includes a non-fasting cholesterol screening.

CANCER PREVENTION PRIORITIES...

includes three workshops:

- ◆ Antioxidants
- ◆ What's in the Cart? for Cancer Prevention
- ◆ Building Your Activity Pyramid

\$79 for one/two persons and includes a non-fasting cholesterol screening.

OSTEOPOROSIS

REDUCTION PRIORITIES...

includes two workshops:

- ◆ What's in the Cart? for Osteoporosis Prevention
- ◆ Building Your Activity Pyramid

\$60 for one/two persons.

WEIGHT CONTROL PRIORITIES...

includes three workshops:

- ◆ Which Weigh Works
- ◆ Shaping the Right Attitudes
- ◆ Diets a la Carte

\$79 for one/two persons and includes a non-fasting cholesterol screening.

STRESS REDUCTION PRIORITIES...

includes two workshops:

- ◆ Finding a Healthy Balance
- ◆ The Next Step

\$60 for one/two persons.

SELF-CARE AND

IMPROVEMENT PRIORITIES...

includes two workshops:

- ◆ Personal Lifestyle Practices
- ◆ Building Your Activity Pyramid

\$60 for one/two persons.

If you need personal assistance in reviewing your Priorities, please call (610) 402-CARE, Monday through Friday, 8:30 a.m. - 4:30 p.m.

Specialty Lectures

Nutrition Resolutions You Can Keep!

- 1 session. Free.

Wednesday, Jan. 22; 7-8:30 p.m.

PATRICIA WENNER, M.S., R.D.

This program will provide you with practical information for making wise food choices while eating on the run. You'll also learn how to keep your nutrition resolutions through the new year by following a few simple guidelines.

Class meets at CC, Auditorium.

Chef Mike Presents "Have a Heart!"

- 1 session. Free.

Tuesday, Feb. 11; 7-8:30 p.m.

MICHAEL KRAMLICH, EXECUTIVE CHEF
BARBARA CARLSON, M.S., R.D.

Enjoy a "Happy Valentine's Day" with a heavenly dessert and see how it's prepared by an angel of a chef. Our Chef Mike will show you how to please your sweetheart with a special culinary treat.

Class meets at CC, Auditorium.

Healthy Eating

Antioxidants

- 1 session. \$35 for one/two persons.

Tuesday, Jan. 14; 7-8 p.m.

Tuesday, Feb. 25; 7-8 p.m.

Antioxidants are one of the exciting new areas of diet and nutrition related to the prevention and treatment of heart disease and cancer. Some antioxidants are recommended in form of vitamin and mineral supplements while others are found only in foods. Join us to learn how they can benefit and improve your health.

Class meets at WC.

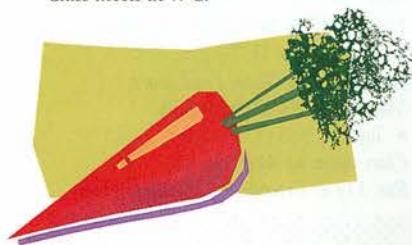
Very Low-Fat Diets

- 1 session. \$35 for one/two persons.

Thursday, Feb. 6; 7-8 p.m.

Can a diet be too low in fat? Are low-fat diets safe for children? Do very low-fat diets really help with prevention and treatment of heart disease? This program highlights three of the more popular diet plans and will help you determine what plan might be best for you.

Class meets at WC.





Diets a la Carte

This program profiles several different diet or meal plans. Learn how to review calories, count fat grams and carbohydrates, choose restaurant meals and more. You will also jump start your own personal diet plan with our registered dietitian.

1 session. \$35 for one/two persons.

- Monday, Jan. 27; 7-8 p.m.

Class meets at WC.

- Friday, Feb. 7; 11 a.m.-12 p.m.

Class meets at WC.

- Tuesday, Feb. 18; 7-8 p.m.

Class meets at MHC, Banko Family Community Center, Bethlehem.

Individual Nutrition Counseling

- Call for fee information and to schedule an appointment.

This service is provided by a registered dietitian who will evaluate your current food intake and lifestyle habits. Based on the information you provide, a realistic and nutritionally sound diet will be designed for you including gradual steps toward achieving positive lifelong changes.

What's in the Cart? for Heart Health

The best way to begin eating smart for your heart is at the grocery store where you make most food decisions. Presented by a registered dietitian, this new and revised program will give you suggestions for filling up your cart with nutritionally-balanced, heart-healthy foods.

1 session. \$35 for one/two persons.

- Wednesday, Feb. 5; 7-8 p.m.

Class meets at Weis Market, Rte. 512 & Crawford Lane, Bethlehem.

What's in the Cart? for Osteoporosis Prevention

A diet high in calcium and low in sodium can help prevent or manage osteoporosis. Presented by registered dietitians, this new workshop will teach you to make wise food decisions that promote a healthy mind and strong bones.

1 session. \$35 for one/two persons.

- Tuesday, Jan 14; 7-8 p.m.

Class meets at Giant Food Store, MacArthur Road, Whitehall.

- Tuesday, Feb. 18; 7-8 p.m.

Class meets at Weis Market, Rte. 512 & Crawford Lane, Bethlehem.

What's in the Cart? for Cancer Prevention

Increasing fiber, eating foods high in carotene and reducing fat calories can help prevent cancer. This program will help you make wise decisions that may improve your health.

1 session. \$35 for one/two persons.

- Thursday, Feb. 27; 10-11 a.m.

Class meets at Giant Food Store, Tilghman St. & Cedar Crest Blvd., Allentown.

HealthRock Cafe—the place for kids to lighten up!

- 4 sessions. \$99.

Begins Saturday, Jan. 25; 10 a.m.-noon

This new program will help the pre-teen and his/her family members succeed in weight loss. With the help of our registered dietitian, behavior modification specialist and exercise specialist, children and their parents will learn which healthy eating and exercise habits will work for them.

Class meets at WC.

Shape-up Solutions

Aerobic and Conditioning Classes for Adults

- Fee: Month-to-month; Call for more information.

To achieve optimal health and fitness, participate in any of our 40 classes offered morning, noon and night at various Lehigh Valley locations. These classes offer the variety, instruction and motivation you need to get healthy and fit.

Class meets at 1243, Lower Level, CCC, 2166.

Walking Wonders

- 1 session. \$35 for one or two persons. Monday, Feb. 24; 7-8 p.m.

There's no pressure here, especially on your joints. This program will measure your fitness activity level and give you a personalized take-home exercise prescription. You'll also learn ways to begin your walking program or add variety to your present routine.

Class meets at MCC, Kelly Gallagher Atrium.

W.O.W.! Walking-Out Workout Club

- \$10. (\$5 for adults 55 and over.)

Now at three locations! Join Lehigh Valley Hospital's popular program to shape the future of your health! You can exercise, have fun and earn prizes at the same time through W.O.W.! - the Walking Out Workout Club. Club meets at South Mall, Lehigh Street, Allentown; Saucon Valley Community Center, Hellertown; and Lehigh County Senior Citizens' Center, Elm Street, Allentown.

"Exercise For Life" Classes for Adults

If you engage in little or no physical activity, our new Exercise for Life classes are a good way to get started. Whether you participate in a 30 "healthy" minutes session or the 60 "fitness" minutes program, the classes will do wonders for your body and mind.

Thirty "Healthy" Minutes Classes

Thirty-minute classes can:

- lower blood pressure
- reduce cholesterol levels
- help prevent osteoporosis and adult-onset diabetes
- can speed recovery after heart attack
- ease arthritis
- help delay onset of heart disease.

Sixty "Fitness" Minutes Classes

Sixty-minute classes can:

- improve heart/lung capacity for more energy
- build up reserves of lean muscle mass
- can help you stretch your limits and reach a new and improved state of well-being

Start Date End Date Location (Tuesdays & Thursdays only)

Tuesday, March 4	Tuesday, April 29	
30 MINUTES	Fee: \$26	
	8:45-9:15 a.m.	1243SCC
	10-10:30 a.m.	MHC
60 MINUTES	Fee: \$35	
	8:45-9:15 a.m.	1243SCC
	10-11 a.m.	MHC

(Wednesdays only)

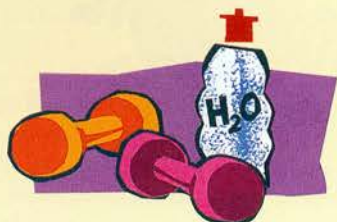
Wed., March 5	Wed., April 30	MHC
30 MINUTES	6:30-7 p.m.	Fee: \$12
60 MINUTES	6:30-7:30 p.m.	Fee: \$18

(Mondays, Wednesdays, Fridays)

Monday, March 3	Wed., April 30	1243SCC
30 MINUTES	9:30-10 a.m.	Fee: \$39
60 MINUTES	9:30-10:30 a.m.	Fee: \$52

(Saturdays only)

Saturday, March 8	Saturday, April 26	
30 MINUTES	Fee: \$12	
	9-9:30 a.m.	1243SCC
	10-10:30 a.m.	MHC
60 MINUTES	Fee: \$18	
	9-10 a.m.	1243SCC
	10-11 a.m.	MHC



Which Weigh Works?

What are the myths and realities of weight loss? You'll receive a personal nutrition profile and learn the key components to planning a healthy, no-nonsense diet plan.

1 session. \$35 for one/two persons.

- Monday, Jan. 13; 7-8 p.m.

Class meets at WC.

- Friday, Jan. 24; 11 a.m.-12 p.m.

Class meets at WC.

- Tuesday, Feb. 4; 7-8 p.m.

Class meets at MHC, Banko Family Community Center, Bethlehem.

Shaping the Right Attitudes

Exercise and attitude go hand-in-hand with successful, long-term weight loss and control. Learn which behaviors lead to overeating and acquire the tools for making positive changes. Also, we'll help you plan an exercise program—at home or at a health club—to improve your health and encourage weight loss.

1 session. \$35 for one/two persons.

- Monday, Jan. 20; 7-8 p.m.

Class meets at WC.

- Friday, Jan. 31; 11 a.m.-12 p.m.

Class meets at WC.

- Tuesday, Feb. 11; 7-8 p.m.

Class meets at MHC, Banko Family Community Center, Bethlehem.

Building Your Activity Pyramid

Learn how everyday activities can improve your health and how to incorporate them into your busy schedule. Activities that you are sure to enjoy and benefit from will be demonstrated and discussed.

1 session. \$35 for one/two persons.

- Wednesday, Jan. 29; 6:30-7:30 p.m.

Class meets at 1243, Lower Level.

- Wednesday, Feb. 12; 11 a.m.-12 p.m.

Class meets at 1243, Lower Level.

- Thursday, March 20; 6:30-7:30 p.m.

Class meets at WC.

Protect the Back Exercises

This program will teach you how your back works and what to do when it doesn't. You'll take home an exercise plan that focuses on postural integrity and anti-gravity movements recommended for people at risk of osteoporosis.

1 session. \$35 for one/two persons.

- Wednesday, Feb. 19; 7-8 p.m.

Class meets at WC.

- Thursday, March 13; 11 a.m.-12 p.m.

Class meets at 1243, Lower Level.



Stress Reduction Programs for Adults

Finding a Healthy Balance

This 90-minute workshop will teach you how to develop a "positive mind-healthy body" connection. You will also learn what skills work when coping with stress.

First of 2 sessions. \$35.

- Tuesday, Jan. 21; 6:30-8 p.m.
- Tuesday, Feb. 11; 6:30-8 p.m.
- Tuesday, March 11; 6:30-8 p.m.

Classes meet at 1243, Lower Level.

The Next Step

Why just manage stress when you can prevent it! In this 90-minute workshop, you will learn and practice fun and effective techniques for stress prevention.

Second of 2 sessions. \$25.

(Prior participation in "Finding a Healthy Balance" is required.)

- Tuesday, Jan. 28; 6:30-8 p.m.
- Tuesday, Feb. 18; 6:30-8 p.m.
- Tuesday, March 18; 6:30-8 p.m.

Classes meet at 1243, Lower Level.

Yoga

The practice of yoga is designed to lead the students to greater knowledge and awareness of the needs of the body and mind in order to achieve good physical and mental health. You can improve flexibility through stretching postures, release tension and tone muscles.

Eight-week sessions. \$52.

- Begins Monday, March 3; 6:30-7:45 p.m.
- Begins Tuesday, March 4; 6:30-7:45 p.m.

(The March 4 session is recommended for students with previous yoga experience.)

- Begins Wednesday, Jan. 15; 10:30 a.m.-11:45 a.m.
- Begins Thursday, March 15; 6:30-8 p.m.

Classes meet at 1243, Lower Level.

When You're Ready To Quit Smoking...

QuitSmart®

5 sessions. \$85.

- Monday, Jan. 13; 7-8 p.m.

Developed at Duke University, this five-part program helps people to quit smoking and control the urge to start again through self-hypnosis and the Better Quit® Cigarette Substitute. The six-month success rate averages 61 percent.

Classes meet at 1243, Lower Level.

Individual Tobacco Use Cessation Counseling

Call for fee information and to schedule an appointment.

This program combines the Smoke Stoppers® Self Directed Kit or QuitSmart® with a one-on-one format to analyze the participant's tobacco use practices and patterns. Although many participants quit smoking during the second week of treatment, continuing support is provided over a three-month period.

Smoke Stoppers® Self-Directed Kit

\$30.

This structured self-help approach is recommended for people who are motivated to quit smoking but are unable to attend a small group program. This kit is a great complement to the nicotine patch which can be prescribed by your physician.

Diabetes Education

The Helwig Diabetes Center of Lehigh Valley Hospital offers a series of educational programs about living well with diabetes for adults with diabetes. Our staff can help you learn new self-care skills in the areas of diet, exercise, medication and home testing. Advance registration and an assessment of the registrant's diabetes education needs are required. A family member or friend may accompany the registrant at no extra charge. For more information, call (610) 402-CARE.



Cancer Education

Family Caregiver Course

Free.

Designed to address the needs of caregivers and cancer patients in the home care setting, topics include meeting physical and psychosocial needs, accessing community resources and developing problem-solving skills. *Supported by the PA Department of Health Cancer Control Program.* *Call for times and additional information.*

- Tuesdays, Feb. 4, 11, 18

Class meets at MCC.

- Thursdays, March 6, 13, 20

Class meets at MCC.

Bereavement Workshop

Free. 8 sessions.

For individuals coping with loss through the death of a loved one.

Call for times and additional information.

- Wednesdays, Feb. 12, 19, 26, March 5, 12, 19

Class meets at MCC.

CPR Courses

Course A

- Monday, Feb. 3; 7-10 p.m. \$25.

Learn one-person adult heart-saver CPR and how to clear the blocked airway of a conscious or unconscious adult.

Course C

3-part course \$35.

- Monday, Jan. 13, 20 & 27; 7-10 p.m.

- Monday, Feb. 24, March 3 & 10; 7-10 p.m.

Learn adult one- and two-person, child and infant CPR. Mouth to mask ventilation and clearing the blocked airway of conscious and unconscious adults, infants and children are taught. You must attend all three classes and complete written and practical examinations to be eligible for provider status.

Course C-renewal

Renewal \$20.

- Monday, Feb. 10; 7-10 p.m.

- Monday, March 17; 7-10 p.m.

This course reviews all material covered in Course C. You must have a current Course C card or one that has expired within one month to attend.

Course D

- Monday, Feb. 17; 7-10 p.m.; \$25.

Learn infant and child CPR and how to clear the blocked airway of a conscious or unconscious adult.

All CPR classes meet at 1243, Third Floor.

Speaker's Bureau

The Speaker's Bureau provides presentations on a variety of health care topics to civic, social and church organizations.

Topics include:

- Breast Cancer: How to Protect Yourself
- Partners in Progress: Lehigh Valley and the Challenges Facing Health Care
- Childbirth Options in a Hospital Setting
- The Importance of Computer Technology in Health Care
- The Prevention and Treatment of Osteoporosis
- Planning a Smoke-Free Workplace
- Careers in Nursing

For more information, call (610) 402-CARE.

Support Groups

Lehigh Valley Hospital offers a variety of support groups for people who share similar experiences, concerns or health conditions. Through special presentations and facilitated discussions, the groups help people cope with the physical, psychological and spiritual aspects of acute, chronic or terminal illness.

Many support groups are tailored to audiences with special needs; for example, breast cancer, prostate cancer or osteoporosis.

For more information, call (610) 402-CARE.

Women's Health

Measurable Results: A Woman's Workshop for Assessing and Improving Your Health

Fee: \$15.

Wednesday, Jan. 15 & Wednesday, Jan. 22 (Snow date is Jan. 29); 6:30-9 p.m.

Learn how to improve your chances of living a long and healthy life at this two-part program.

Session 1 (Jan. 15): Complete a confidential health risk assessment (comprehensive questionnaire, blood pressure, total cholesterol, HDL screening and body composition testing.) Screenings are coordinated by nurses and other qualified health professionals.

Session 2 (Jan. 22): Receive a detailed personal report about your health status based on the health risk assessment from session one. You can then attend three workshops on achieving a healthier lifestyle. Refreshments are included both evenings. Space is limited. Registration deadline is Jan. 13.

Workshop will be held at MCC.

Continued Healing of the Inner Child

• 10 sessions. \$70.

Tuesday, Jan 21; 7-9 p.m. (First session)

MARCIA FELKAY, M.A., COUNSELOR.

If you are stuck in co-dependent relationships or suffer from low self-esteem, join other women for this interactive growth group and learn how to heal your past and regain your personal power in a supportive environment.

Class meets at SON, Parlor A.

Understanding Your Abnormal Pap Test

• 1 session. Free.

Tuesday, Jan. 28; 7-8 p.m.

THOMAS HUTCHINSON, M.D.

OBSTETRICIAN/GYNECOLOGIST

Many women today are being notified of abnormal Pap test results. Learn about the new Pap classifications and effects of viral infection.

Therapies will also be discussed.

Class meets at MHC, Banko Family Community Center, Bethlehem.

Up, Down and All Around with Your Thyroid

• 1 session. Free.

Thursday, Jan. 16; 7-8:30 p.m.

CAROL GREENLEE, M.D., ENDOCRINOLOGIST

Thyroid levels that are too high or too low can affect the function of the entire body from your energy level, emotions, even cholesterol readings. Find out exactly how hyperthyroidism (overactive thyroid)/hypothyroidism (underactive thyroid) can affect you and how treatment can help.

Class meets at CC, Auditorium.

New Horizons in Managing PMS

• 1 session. Free.

Tuesday, Feb. 18; 7-8 p.m.

MICHAEL SHEINBERG, M.D.

OBSTETRICIAN/GYNECOLOGIST

Join Dr. Sheinberg for a discussion about the latest breakthroughs in the diagnosis and treatment of premenstrual syndrome (PMS). Our speaker will explore the important trends and many alternatives for helping women cope with PMS.

Class meets at MHC, Banko Family Community Center, Bethlehem.

Mystery Disease: Fibromyalgia

• 1 session. Free.

Wednesday, March 19; 7-8:30 p.m.

WILLIAM IOBST, M.D., RHEUMATOLOGIST

KAREN MOORE SCHAEFER, R.N., D.N.Sc., ALLENTOWN COLLEGE OF ST. FRANCIS DE SALES

Fibromyalgia is a chronic, painful muscle disorder that can disrupt a woman's every day life.

Learn more about the diagnosis and treatment of this mysterious disease and hear the results of research and discussion with women with fibromyalgia. Dr. Schaefer will focus on how women have taken control of their lives and have learned to live with fibromyalgia.

Class meets at 17, Auditorium.

Children's Health

Pediatric Emergencies at Home: How to be Prepared

• 1 session. Free.

Tuesday, Feb. 4; 7-8 p.m.

MICHAEL BARONE, M.D.

INPATIENT PEDIATRICIAN, LVH

Parents need to be prepared for the pediatric emergencies that happen at home. Learn how to be prepared and when and why you need to call a doctor. *Class meets at CC, Classroom 2.*

International Adoptions: What You Need to Know from a Medical Viewpoint

• 1 session. Free.

Thursday, March 13; 7-8 p.m.

DONALD LEVICK, M.D.

PEDIATRICIAN, ABC PEDIATRICS/LVPG

International adoptions present some special challenges to the family and the pediatrician. Dr. Levick will discuss potential medical, behavioral and cultural issues associated with international adoptions. *Class meets at CC, Classroom 2.*



Spirit of Women

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A PROJECT OF LEHIGH VALLEY HOSPITAL



April 3 & 4, 1997

Holiday Inn, Bethlehem, Pa.

COME TO THE *Spirit of Women!*

We women of the Lehigh Valley have a wonderful resource in Spirit of Women.

If you have come to any of the three previous Spirit of Women events, you know this. Spirit of Women is a chance for women of all ages and backgrounds to gather and share their experiences, share their strength. In

past years, we have learned so much about health, family, work, and what it means to be a woman.



*In the symphony
of our lives, we are
looking for a
harmony that
brings all of life
together—our
selves, our family,
our work, our
community, our
environment.*

This year I sense a special emphasis on the word “spirit” in the Spirit of Women. People today have a longing for spirit. We are so busy and so often focused on earning a living that we seem to have lost the value of the human spirit in our decisions concerning life and work. In the symphony of our lives, we are looking for a harmony that brings all of life together—our selves, our family, our work, our community, our environment.

All of us travel many paths searching for ways to turn dreams into reality. Most often, we look outside of ourselves. But all actions and thoughts and achievements stem from that quiet center of who you are, that place of peace and energy and love. Once you find that precious center, you can carry it with you wherever you go.

Spirit of Women is an excellent place to come and seek this center, this wholeness, with other women on the same quest. We strengthen each other. I can’t help but think of an analogy from grade school: the experience of May Day. At the culmination of this day of celebration was the May Pole dance. Ribbons were attached to a high pole and each person took an end of a ribbon. The ribbons, stretched out, became like the spokes of a wheel. As the music progressed, the dancers wove in and out in a unified design around the center pole.

When women gather, the many spokes of experience and interaction among us make the wheel of life stronger and larger as we come together in our dance. Please join us!

Ardath Rodale

Ardath Rodale
Chair and CEO, Rodale Press
Spirit of Women Honorary Chairperson

Program Schedule

Thursday, April 3, 1997

5:30 p.m.

Registration

6-6:45 p.m.

Reception

6:45-8 p.m.

Opening Remarks/Dinner

8:15-9:15 p.m.

Keynote Speaker - Nina Totenberg

Friday, April 4, 1997

7:15-8:15 a.m.

Registration/Continental Breakfast

8:15-9:15 a.m.

Opening Address

Keynote Speaker - Rita Moreno

9:30-10:45 a.m.

Breakout session 1

11 a.m.-12:15 p.m.

Breakout session 2

12:30-1 p.m.

Lunch

1:15-2:15 p.m.

Keynote-Liz Curtis Higgs

About Our Keynote Speakers



Nina Totenberg

Award-winning legal affairs correspondent for National Public Radio

Nina Totenberg made national headlines when she broke the story of Anita Hill's sexual harassment allegations against Clarence Thomas. She's been outspoken throughout her illustrious career, gaining early notice for a magazine article titled "The Ten Dumbest Members of Congress." Totenberg will tell us how this year's ho-hum elections will affect women in ways that are far from ho-hum.



Rita Moreno

Multi-talented stage, screen and television star

From her small-town origins in Puerto Rico, Rita Moreno has built a dazzling career. She is the only female performer to have won all four of the most prestigious awards in show business: the Oscar, Emmy, Tony and Grammy. She's been a staunch advocate for children and educational TV. She'll tell us how a Latino woman overcame all the stereotypes—and where she's going next.



Liz Curtis Higgs

Radio personality, author and professional speaker

Liz Curtis Higgs describes herself as "an Encourager." A nationally known humorist, she tackles all topics—from body image to job satisfaction, life balance to the benefits of laughter for body and soul. She is an active member of the National Speakers Association and editor of a quarterly newsletter, *The Laughing Heart*. Her presentation to us is titled "40 Reasons Why Life Is More Fun After the Big 4-0".

Spirit of Women

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A PROJECT OF LEHIGH VALLEY HOSPITAL

EVENT SPONSORS

(AS OF DEC. 10, 1996)

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Victoria Vogue

Wallitsch, Figore & Marinos, L.L.P.,
Attorneys at Law

1A Communicating and Working In An On-Line World

What does it mean to be "on-line"? Is computer technology an opportunity or a barrier? Must you become a technical wizard to learn the tricks of the electronic community, or is there a place there for the "soccer mom"? This workshop explores such questions, as well as how to weave today's computer technology into your career, educational and family life. The panel is a group of women with first-hand experience in the new world of technology.

NANCY HANAHUE YARRISH
*vice president, Executive Technology Associates;
co-owner, ValleyNet*

LOIS S. LEVINE-ELMAN
*owner/director, Potentialities
on-line training business*

DENISE PILVISARIK, R.N.
*on-line project coordinator,
ManorCare Corporation*

1B Against the Odds—Bringing 'Inclusion' to Life

The odds are that you or someone close to you will someday experience a physical, cognitive or sensory limitation that could threaten your independence. Learn what you can do to assure that the world stays accessible for people facing this kind of challenge. This workshop explores everything from federal regulations to inclusive attitudes and technologies. You can "beat the odds". By knowing the resources available to you, you can create a spirit in your work place and community that enhances everyone's self-esteem.

JEANNETTE SEAMAN
*associate director, Lehigh Valley Center
for Independent Living*

1C *Women Working with Women—From Sabotage to Support*

Shared power...a focus on process as well as product...non-hierarchical organizing... consensus-building...this is the vision of women working with women. In this interactive session, you'll explore these issues, build self-confidence and learn communication skills to help you develop deeper, more honest relationships on and off the job.

MARCIE LIGHTWOOD

coordinator, parent program and community outreach, Center for Humanistic Change

1D *Three Women Taking Charge of Their Lives (and Yours!)*

Traditionally politics has been dominated by men, especially in Pennsylvania. The tide is slowly turning as more women run for office and win. This lively panel discussion features three impressive women describing how and why they got elected to decision-making positions. They'll also address the need for more women to enter the political process and change the future for the better for all of us.

ALLYSON SCHWARTZ
Pennsylvania State Senator

JANE BAKER
Lehigh County Executive

THE HONORABLE F.P. McEADDEN
Court of Common Pleas

1E *Celebrating the Global Family of 'Woman'*

More than 30,000 women from 180 countries came together at the 1995 United Nations Conference for Women in Beijing, China.

They networked, shared their stories and developed a Platform for Action to improve the lives of women worldwide. Share in this extraordinary event through the images and memories captured by Dr. Janice McElroy, delegate to the conference and a presenter at the Beijing NGO (non-government organization) Forum. The faces and stories of women from around the world reveal the strength and unity underlying our diversity.

Celebrate and join in the spirit of this global family of women who are leading the way for "equity, development and peace."

JANICE McELROY, Ph.D.

consultant and former executive director of the Pennsylvania Commission for Women

2A *Are You Leading a Balanced Life?*

Job, partner, family and friends, homemaking, spirituality, fitness and health...how do you fit it all in? This workshop explores steps we need to take and values we need to name to balance our lives again—to put the emphasis on life as a blessing rather than a burden.

REV. SUE PIZOR YODER

director, congregational care, First Presbyterian Church, Bethlehem

2B Solving the Parenting Puzzle

Finding a creative solution to child care can be puzzling for working families. This workshop will show you how other families have successfully coped with the challenge. You'll learn how to build a strategy to steer through the maze of child care options, deal with the guilt and find a solution that's right for all family members.

MARILEE OSTMAN
early childhood educator

ELIZABETH DELPEZZO, Ph.D.
consulting psychologist

SUE REINKE
administrator, human resources
Lehigh Valley Hospital and Health Network

2C Heart Disease—Women at Risk

Do women underestimate their risk of heart disease? Are we so concerned about the risk to the men in our lives, or so focused on other diseases such as breast cancer, that we overlook this critical area of female health? Learn how age, lifestyle, cultural/ethnic background and other factors affect your heart disease risk. Hear the results of Prevention magazine's national survey "Women and Their Understanding of Heart Disease Risk"—and measure your answers against national responses.

Learn the warning signs of heart disease in women, the role menopause plays, how to talk to your doctor about heart health, and most important, what you can do to prevent heart disease through diet, exercise and other lifestyle choices.

EMRIKA PADUS-HERZER
editor, Prevention magazine

JAMIE PARANICAS, M.D.
cardiologist, Lehigh Valley Hospital

LINDA HAMILTON
division director, American Heart Association

2D Tai Chi Chuan—"Grand Ultimate Exercise"

It's never too late to enhance the quality of mind, body and spirit. The gentle movements of Tai Chi improve circulation, balance, coordination and stamina while enhancing awareness and well-being. Tai Chi works by activating energy pathways in the body, yielding quick yet long-term benefits to your health. In practice in China for more than 2000 years, it is "the ultimate form of stress reduction."

PAI SHEN LI (Brian H. Kubnsman)
DIANE R. KUHNMAN
Bethlehem Kung Fu Center

2E Attitude 101—A Life Lesson in Self-Acceptance and Success

Attitude can make or break your journey through life. This workshop will teach you to take risks, learn to love yourself and others (including the imperfections) and take charge of your life. You'll learn practical tools and humorous solutions to deal with the day-to-day challenges that erode self-esteem and get in the way of success. Leave this session energized and inspired to face each day with a NEW ATTITUDE and a new zest for life!

MARY LILLY THOMPSON
corporate trainer and founder/president
of Image for Success

Cover photography: Sally Ullman
for Rodale Press, Incorporated

Registration Form - continued

Participant Information

Where do you get the majority of your information on women's health issues?

- ☐ Physician ☐ Television ☐ Newspaper ☐ Magazines
☐ Radio ☐ Books ☐ Health Fairs ☐ Seminars
☐ Continuing Education Classes ☐ Other

Your age is:

- ☐ 18-24 ☐ 25-34 ☐ 35-44
☐ 45-54 ☐ 55-64 ☐ 65 plus

In which of the following ranges does your household income fall?

- ☐ below \$20,000 ☐ \$40,000 to \$50,000
☐ \$20,000 to \$30,000 ☐ \$50,000 to \$75,000
☐ \$30,000 to \$40,000 ☐ above \$75,000

Your occupation may best be described as:

- ☐ Clerical/Support ☐ Education ☐ Retired ☐ Homemaker
☐ Health Care ☐ Student ☐ Management ☐ Professional
☐ Sales ☐ Self-employed ☐ Technical

Please check your preferences

I would like to register for:

- ☐ Thursday Evening Dinner\$40
☐ Complete Friday Program\$40
☐ Thursday & Friday Program*\$75

Please note if you are a student or Senior Adult (55+) cost is \$70

*Dietary restrictions will be accommodated. Please list below.

TOTAL AMOUNT

How to register

REGISTER BY FAX with payment by MasterCard or Visa. Fax (610) 402-3020.

REGISTER BY PHONE with a credit card. Call (610) 402-CARE.

Monday-Friday, 8:30 a.m. to 4:30 p.m.

REGISTER BY MAIL. Please make all checks payable to *Lehigh Valley Hospital*.

Send your check and reservation form to:
 Lehigh Valley Hospital/Spirit of Women 1997
 1243 S. Cedar Crest Blvd., Suite 3115
 Allentown, PA 18103-6296

Name as it appears on the credit card

MasterCard /Visa # _____

Card Expiration Date _____

For additional information about Spirit of Women 1997, call (610) 402-CARE.

DIRECTIONS TO HOLIDAY INN, BETHLEHEM

The Holiday Inn, Bethlehem is located in the heart of the Lehigh Valley, directly off the Rt. 512 exit of Rt. 22. Accommodations are available. Please call the Holiday Inn for reservations. Phone: (610) 866-5800.



Registration Form

The attached form provides all the details for attending **The Spirit of Women 1997** including the Thursday evening dinner, the complete Friday program or the combined evening and day program.

Please Register Early

Please register early in order to best help us accommodate all participants at the *Spirit of Women 1997*. All registrations, including workshop session requests, will be processed in the order that they are received. Register by mail, fax or by calling (610) 402-CARE. Payment must accompany all registration. The deadline is MARCH 15, 1997. No refunds will be issued for cancellations. If you find you are unable to attend, please send a substitute. Thank you.

Registration Fee Schedule

- Thursday evening reception, dinner & keynote address\$40
- Complete Friday program: breakfast, lunch, workshops, keynote addresses\$40
(Note: Dress comfortably for Friday's activities.)
- Combined Thursday evening and complete Friday program\$75
- Students and senior adults (55+) combined Thursday evening and complete Friday program (students must bring identification)\$70

Remember to list three choices for each breakout session

Please indicate by number and letter your first, second and third choice for each Breakout Session. For example, "Attitude 101," offered during the second session, can be indicated by writing 2E in the space provided.

BREAKOUT SESSION 1

First Choice _____
Second Choice _____
Third Choice _____

BREAKOUT SESSION 2

First Choice _____
Second Choice _____
Third Choice _____

NAME _____

ADDRESS _____

DAYTIME PHONE _____

HOME PHONE _____

COMPANY/ORGANIZATION _____

OCCUPATION _____

Below, please print or type your name and company (if appropriate) as you would like your name tag to read.

Childbirth and Parenting Education

"From Pregnancy to Parenthood"

Because babies don't come with instructions, we offer the next best thing - prepared childbirth and parenting education programs sponsored by Lehigh Valley Hospital in cooperation with Lehigh Valley Lamaze Associates.

Through these programs, we can provide you with timely, accurate information about what to expect when you're expecting and after your baby is born. We can also help expectant and new moms meet the physical demands of pregnancy and delivery through our prenatal and postpartum fitness programs.

For more information about the classes, schedules or fees or to register, call (610) 402-CARE weekdays between 8:30 a.m. and 4:30 p.m. Because class size is limited, please register early.

Early Pregnancy (3-5 months)

Becoming a Family

1 session. Free

- Jan 19

Join other parents-to-be for this free, introductory program to help you begin your exciting journey toward parenthood. Our guest speakers will cover "what happens now that you are pregnant," including physical and emotional changes, various diagnostic tests, and nutritional and overall health needs. "What to expect when you deliver" at Lehigh Valley Hospital is also highlighted. Special sessions, refreshments and door prizes are included.

Classes meet at 17, Auditorium.

Childbirth Preparation (6-8 months)

Prepared Childbirth (Lamaze) Series

6 part series. \$65.

- Feb. 3 (First session)

This six-week course helps couples prepare for labor and delivery and new parenthood and includes information about relaxation and Lamaze breathing techniques, stages of labor, medications and Cesarean birth. The program will also address feeding options, postpartum issues, caring for your baby in the first weeks after delivery and characteristics of your newborn. *Call for locations.*

One-day Lamaze

1 session. \$105 includes continental breakfast and lunch.

- Feb. 1
- Feb. 22
- March 15

This one-day childbirth preparation program is ideal for couples who are unable to commit to a six-week series because of busy or unpredictable schedules. This program focuses on relaxation and breathing techniques, stages of labor, anesthesia and coping strategies for labor and birth, cesarean birth and postpartum issues. Advance registration and payment must be received prior to start of class. *Call for locations.*

Refresher Classes

3 sessions. \$40.

- Jan. 15 (First session)
- Feb. 4 (First session)
- March 12 (First session)

Refresher classes for parents who are expecting another child and have already attended a prepared childbirth (Lamaze) program. The classes cover relaxation and breathing techniques, issues regarding siblings and Vaginal Birth After Cesarean (VBAC). *Call for locations.*

"Just Breathing" Class

1 session. \$20.

- Jan. 17
- March 14

For parents who have had a baby within the past three years and attended a childbirth class, this class includes a quick review of all stages of labor in addition to a comprehensive review of breathing and pushing techniques. *Call for locations.*

Breastfeeding Classes

1 session. \$20.

- Jan. 15
- Feb. 19
- March 19

This class provides expectant parents with a better understanding of breastfeeding and its benefits to babies to enable you to get off to a good start. The services of a certified lactation consultant are available to women who deliver at Lehigh Valley Hospital. *Call for locations.*

Prenatal Fitness Program

2 times a week for 6 weeks. \$40.

- Feb. 17 (First session)

Women who want to maintain a moderately active fitness regime during pregnancy are encouraged to attend. The class includes an educational component that focuses on the prenatal changes in a woman's body and their effects on exercise. Physician approval is required for participation and a signed consent form must accompany your registration form.

Class meets at SON.

"All About Baby" Class (Newborn Care)

1 session. \$20.

- Feb. 7
- March 21

This session provides expectant parents with information on basic newborn care, including feeding, safety, immediate health problems, well child care and available resources.

Grandparents are welcome to attend.

Call for locations.

Sibling Classes

- 1 Session. \$10 per child;
\$15 for 2 or more children.

Age 3-4 **Age 5 and older**

- Feb. 5 • Feb. 12
- March 6 • March 13

This class helps brothers and sisters prepare for the arrival of their new sibling. A variety of activities will take place with refreshments, gifts and a sibling tour of the maternity unit. Parents are expected to attend with their children. *Class meets at SON.*

Healthy Beginnings Labor and Delivery Series

4 sessions. \$20.

Healthy Beginnings Plus participants
(cost included in health package)

- March 4 (First session)

Information about labor and delivery including relaxation and breathing techniques, medications and Cesarean birth is outlined in the four-part daytime course which is offered every month. *Classes meet at SON.*

Healthy Beginnings Parenting Newborn Series

4 sessions. \$20.

Healthy Beginnings Plus participants
(cost included in health package)

- March 4 (First session)

This four-part daytime course is offered every other month and provides expectant parents with information about infant feeding, safety, immediate health problems, newborn and well child care and resources available to families.

Classes meet at SON.

Infant/Child CPR

2 sessions. \$20/person or \$30/couple.

One class per week for two weeks.

- Wednesdays, Jan. 15 & 22
- Thursdays, March 20 & 27

Safety information and instruction in emergency care of infants and children are provided to expectant parents during this class. Hands-on practice is key to the successful completion of the course, which meets American Heart Association Standards. *Class meets at SON.*

Postpartum Programs (After the Baby Is Born)

"Hey Baby, Let's Work Out"

Full session: 2 times a week for 6 weeks. \$40.

Mini session: 2 times a week for 3 weeks. \$20.

- Feb. 17 (First session)

This professionally instructed exercise class can help women restore muscle tone and strength following pregnancy. New moms can also enjoy playtime with their babies and receive instruction in gentle infant massage techniques. Participants may attend following their postpartum check-up. Women interested in registering for this class can sign up for either the six-week course or our new three-week mini-sessions.

Classes meet at 1243, Lower Level.

New Moms Network (Support group for new moms)

Free.

- Jan. 23 - Calming the Crying Infant
- Feb. 6 - Infant Growth & Development
- Feb. 20 - Your Infant & Sleep
- March 6 - Changes in Parents' Roles

Information • Ideas • Support • Sharing
Experience all this and more with other new moms and bring your baby along to explore the changes in you and your little one as your parenthood progresses. The new moms network meets during the day every other Thursday. Register at least two weeks before the scheduled session. *Class meets at SON.*

Your Incredible Infant

1 session. \$10.

- Feb. 13

You may be unprepared for the fast and furious growth and developmental changes during the second six months of your child's life. Join us for this session which will address any concerns you may have about infant feeding, teething, safety, changes in behavior, sleep patterns, health, separation anxiety, learning and motor and social skills. *Class meets at SON.*

Maternity Tours

- Free

We invite expectant parents and their family members to tour the maternity unit at Lehigh Valley Hospital and learn more about its services and facilities for women, infants and children. Adult tours are held selected Mondays and Saturdays except holidays. Tours for children who are awaiting the arrival of a new sibling are offered several times a month throughout the year. Registration is required in advance.

How to Register

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. If you are registering for a free class, call our special phone line. Choose from a variety of methods for enrolling in other classes. For more information, call (610) 402-CARE.

CLASS LOCATIONS

Lehigh Valley Hospital, Cedar Crest & I-78
Lehigh Valley Hospital, 17th & Chew
School of Nursing, 17th & Chew
Morgan Cancer Center, Cedar Crest & I-78
1243 S. Cedar Crest Blvd.
2166 S. 12th St., Allentown

ABBREVIATIONS

CC

17

SON

MCC

1243

2166

NEW LOCATIONS!

Muhlenberg Hospital Center
Cedar Crest College
Wellness Center

MHC

CCC

WC

Plus many new locations throughout the Lehigh Valley!



BY FAX: You can register by fax with payment by **MasterCard** or **Visa**. Fax (610) 402-3020. Use the registration form below.



BY PHONE: You can register with a credit card by telephone. Call (610) 402-CARE, Monday-Friday, 8:30 a.m. - 4:30 p.m.



BY MAIL: Mail the registration form below to the Center for Health Promotion & Disease Prevention, 1243 S. Cedar Crest Blvd., Allentown, Pa. 18103-6296



IN PERSON: You can register in person at the address above.

Class & Lecture Registration Form

Questions?
Call (610)
402-CARE

Participant's Name _____

Address _____

City _____ State _____ Zip _____

Phone (Home) _____ (Work) _____

Date of Birth _____ Social Security # _____

Are you a Lehigh Valley Hospital employee? ____ Yes ____ No

SELECTION: please refer to the course schedule for class title, date/time and fees. *Please print.*

class title(s)	date/time	fee(s)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Make check payable to: Lehigh Valley Hospital or

Charge to my Credit Card ☐ MasterCard ☐ Visa

CREDIT CARD ACCOUNT NUMBER

Signature _____ Exp. Date _____

PAYMENT: Total amount enclosed: \$ _____

Ask whether you are eligible for class discounts.

LEHIGH VALLEY
HOSPITAL AND
HEALTH NETWORK

Community Blood Pressure Screening

- Tuesday, Jan. 14; 7:30-10:30 a.m.
- Tuesday, Feb. 11; 7:30-10:30 a.m.
- Tuesday, March 11; 7:30-10:30 a.m.

South Mall, Lehigh Street, Allentown

Free

Community Cholesterol Testing (non-fasting)

- Tuesday, Feb. 11; 8-10 a.m.
South Mall, Lehigh Street, Allentown
\$10
- Wednesday, Feb. 26; 7-9 a.m. and 4-6 p.m.
1243 S. Cedar Crest Blvd., Allentown
\$10

HealthyYou Lifestyles

- Saturday, Jan 25; 9-10:30 a.m.
- Wednesday, Jan. 29; 6:30-8:30 p.m.
- Wednesday, Feb. 5; 1-2:30 p.m.
- Saturday, Feb. 22; 9-10:30 a.m.
- Wednesday, Feb. 26; 6:30-8:30 p.m.
1243 S. Cedar Crest Blvd., Lower Level
\$35 for one or two persons.



Overall health is not indicated by a single measurement. In addition to blood pressure, body composition and cholesterol levels, an accurate health profile takes into account your lifestyle practices. This workshop will provide you with a "snapshot" of your health along with a personalized evaluation of your results. No fasting is needed for the cholesterol test. Call (610) 402-CARE to register.



Senior Health-Home Hazards

Jan. 23, 10:30-11:30 a.m.
Lehigh County Senior Citizens Center
1622 Elm St., Allentown
Free

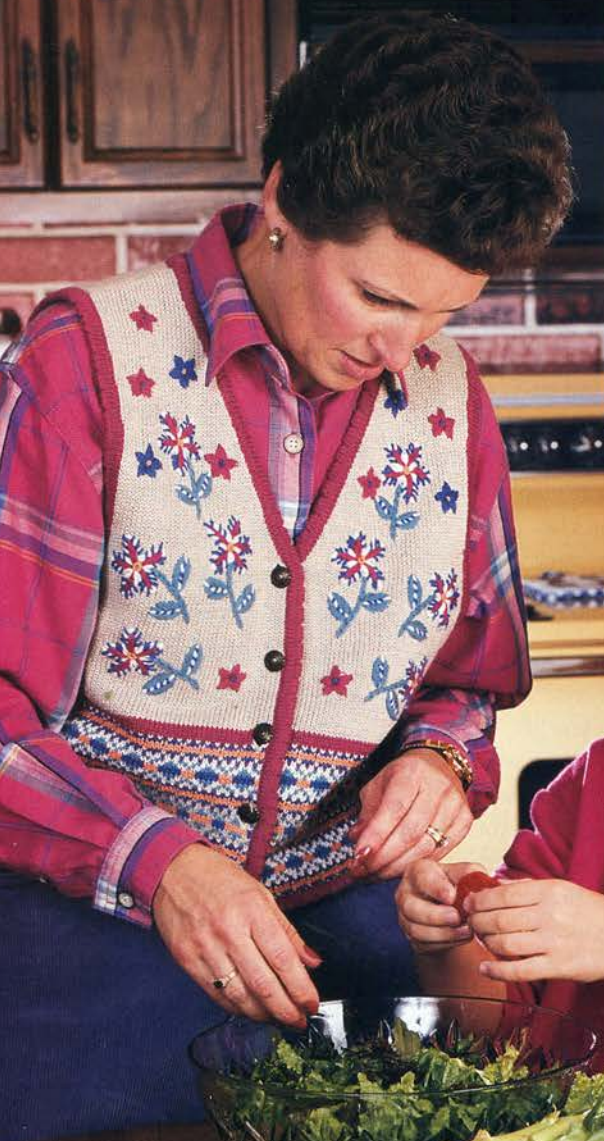
To help area seniors avoid fire and burn accidents, the Burn Prevention Foundation will present an educational program, "Home Hazards." This hour-long program helps you identify common household fire and burn hazards and presents a variety of actions for you to take to avoid or eliminate your risks. You will also receive a home hazard checklist. Call (610) 402-CARE to register.



WOMANCARE

Salad for Supper:

Lori Kleppinger and her daughter Cassie, 7, put together the ingredients in their Bethlehem kitchen.



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TV's Power to EDUCATE



**Parents
Have Trusted
Their Kids
to Public
Television
for Three
Decades**

(Pictured above)
William LeBoeuf, M.D.,
and Sarah Fernsler,
M.D., enjoy television
with their children,
Mike and Katie.

In their search for quality home entertainment, parents have found public television a source they can trust.

From *Mister Rogers' Neighborhood*, which has captivated children for nearly 30 years, to the relative newcomer, *Barney and Friends*, public television has been a morning staple for preschool children.

"*Barney* is non-violent and full of positive themes — friendship, parenthood, love," says Lehigh Valley Hospital child psychiatrist William L. LeBoeuf, M.D., father of a five- and six-year-old.

"Speaking as a parent, if programs have positive social and educational agendas, they can't help but have a positive effect on kids."

Educational television's ethnic and racial mix of characters also has the potential to encourage tolerance and respect for people's differences, LeBoeuf says.

"The older you get, the more accustomed you are to what you see," he says. "So if *Barney* and *Sesame Street* come into your home and show your kids a diversity of humanity, it's a great thing."

The Public Broadcasting Service (PBS) was created in 1969 as a private non-profit corporation made up of public television stations like WLVT in Bethlehem. Since that time, it has aired a number of educational programs, including *The Electric Company* (basic reading skills), *SQUARE ONE* (math) and *3-2-1 CONTACT*, which made a special effort to engage girls and minorities and broaden their understanding of science.

Sesame Street

But no children's show is more acclaimed than *Sesame Street*, which revolutionized children's television by presenting educational content in an entertaining format. Created by the Children's Television Workshop, *Sesame Street* premiered in 1969 to educate preschoolers, particularly low-income children.

According to a four-year study released in 1995 by the University of Kansas Center for Research on the Influence of Television on Children, *Sesame Street* makes up 80 percent of all

"Children's viewing of *Sesame Street* and other educational programs appears to play a positive role in their development and readiness for school..."

University of Kansas study, 1995

children's viewing of educational programming.

"Young disadvantaged children's viewing of *Sesame Street* and other educational children's programs appears to play a positive role in their development and readiness for school," the study reported. Specifically, educational programming promotes:

- Letter-word knowledge
- Math skills
- Vocabulary size
- Reading skills

Sesame Street continues in the 1996-97 public television season, along with favorites like *Reading Rainbow* and new programs such as *Where in Time is Carmen Sandiego*, a game show format that helps kids understand history.

A Window on the World

In recent years, public television has faced competition from cable channels like Nickelodeon, the Cartoon Network and the Disney Channel. And cable has enabled commercial television to offer much more educational and cultural programming such as the Discovery Channel, Learning Channel and the Arts & Entertainment Network (A&E).

"Television at its best sheds light on complicated interpersonal relationships, as well as on lands and seas and events, that children would not otherwise see at that age," says Muhlenberg College President Arthur R. Taylor. He was founding chairman of the Entertainment channel (now A&E) and as president of CBS from 1972-76, created the "family hour" policy that eliminated adult-oriented programming between 8 and 9 p.m.

"Television can be a valuable window on the world, but that doesn't apply to the violent nature of some of the programming," Taylor says. "There's also a danger that a child who only watches will become passive. Parents must play an important role in what and how much television their children watch."

Parental guidance is also recommended by LeBoeuf, who says parents should be careful not to rely on television as a baby sitter.

LeBoeuf also points to new educational possibilities as technology moves forward to merge television and computers. "It can be hard to keep educational programs interesting when they're shown passively on television," he says, "but there's great educational potential for television when it's combined with computers to become interactive."

To help your children learn through television, call (610) 402-CARE. You'll receive a free brochure listing workshops and local educational programs.



Multi-talented Rita Moreno is a staunch advocate of public television for kids.

The award-winning stage and screen star was a regular on *The Electric Company* (photos above) for years. She's a featured speaker at the Spirit of Women conference in April; see back cover for details.

HEART *A quiz* Disease Risk *for women*

with Jamie Paranicas, M.D., cardiologist at Lehigh Valley Hospital

True False

☐☐

1. Women have a lower heart-disease risk than men.

☐☐

2. High cholesterol is okay if your HDL ("good cholesterol") is high.

☐☐

3. Cigarette smoking leads to lung cancer, but not heart disease.

☐☐

4. If you have relatives with heart disease, your risk is higher.

☐☐

5. Avoid a high-fat, high-cholesterol diet and you'll protect your heart.

☐☐

6. Emotional stress is less damaging to the heart than physical stress.

☐☐

7. Exercise is good for your heart.

☐☐

8. Only elderly people have to worry about high blood pressure.

Answers

For a complete heart disease risk questionnaire, call (610) 402-CARE.

See how your heart health compares with women nationally by completing the questionnaire and bringing it to the Spirit of Women conference in April 1997. Results of a nationwide survey by *Prevention* magazine will be presented there. See back cover for details.

1. TRUE and FALSE. This is true before menopause, when estrogen protects you, but false afterward. The longer you haven't been ovulating, the higher your risk.
2. FALSE. Even if you have high HDL—which many women do before menopause—overall high cholesterol (200+) is cause for concern.
3. FALSE. Smoking is a big risk factor for heart disease. The more you smoke, the higher the risk.
4. TRUE, and not just parents but grandparents, siblings, aunts and uncles, and cousins.
5. TRUE, but don't assume you know the fat content of food. Do your homework. Shrimp, for example, have more cholesterol than prime rib.
6. FALSE. Physiologically, the heart reacts the same way to a family argument as to a chase down the street.
7. TRUE. While a sedentary life is not a proven risk factor for heart disease, exercising regularly is a great habit for overall health and well-being.
8. FALSE. At any age, if your blood pressure exceeds 140/88, you should see a doctor to avoid heart disease risk.

Your Opinions

Take a few moments to share your opinion
and receive a token of our appreciation.



Is *Healthy You* informative? ☐ Yes ☐ No

Have you learned new information from *Healthy You* in the last six months? ☐ Yes ☐ No
Specify: _____

What were the three most useful types of articles you read? (Please check three)

- Choosing a health plan series ☐
- Healthy eating articles ☐
- Women's health articles ☐
- Relationships articles ☐
- Family health articles ☐
- Senior health articles ☐
- Parenting information ☐

Has *Healthy You* helped you to improve your health in any way? ☐ Yes ☐ No

- Decided to see a doctor? ☐ Yes ☐ No
- Started exercising? ☐ Yes ☐ No
- Enrolled in class? ☐ Yes ☐ No
- Other: (specify) _____

Have you used Lehigh Valley Hospital and Health Network
services after reading *Healthy You*? ☐ Yes ☐ No

Have you ever been a patient at Lehigh Valley Hospital
(Cedar Crest & I-78 or 17th St.)? ☐ Yes ☐ No

Visit Lehigh Valley Hospital's
web site at www.lvh.com



About You

Sex: ☐ Male ☐ Female

Age: ☐ 18 to 24 ☐ 25 to 40 ☐ 41 to 50 ☐ 51 to 70 ☐ over 70

Education level: (Check highest level completed)

☐ High school ☐ College or technical school ☐ Postgraduate school

Marital status: ☐ Married ☐ Single ☐ Divorced

Children: ☐ Yes ☐ No How many? _____

Occupation: ☐ Clerical/support ☐ Health Care ☐ Sales ☐ Education
☐ Student ☐ Self-employed ☐ Retired ☐ Management
☐ Technical ☐ Homemaker ☐ Professional
☐ Other (specify) _____

Place of employment _____

Do you use online services? ☐ Yes ☐ No

☐ Internet ☐ America Online ☐ Compuserve ☐ Other _____

If yes, where do you use online services? ☐ Work ☐ Home

Do you look online for health information? ☐ Yes ☐ No

How often do you access health information online? ☐ Daily ☐ Weekly ☐ Monthly

Do you have an e-mail address? If yes, please list _____

Name _____

Address _____

City _____ State _____ Zip _____

Home phone # _____ Daytime phone # _____



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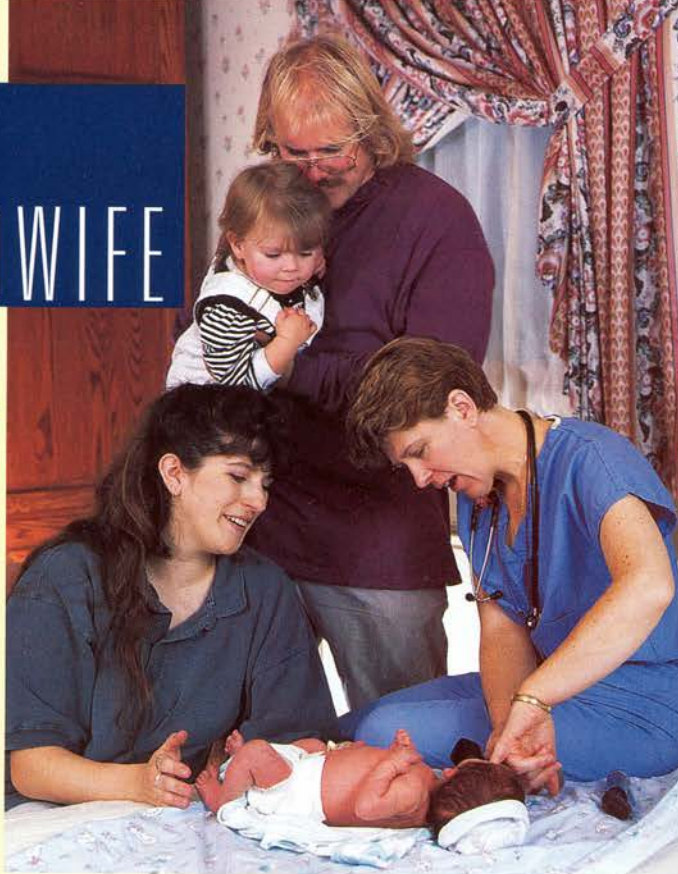
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LEHIGH VALLEY HOSPITAL
1243 S CEDAR CREST BLVD
ALLENTOWN PA 18103-9825



THE NEW NURSE-MIDWIFE

*She's an
Up-to-Date Choice
for Women's
Health and
Childbirth Care*



Kathleen Farrell knew she wanted a midwife

for the birth of her son in October. The Coopersburg woman and her husband, Jerry Howatt, wouldn't have it any other way.

"I felt this was my birth and I just wanted someone there to help me," Farrell says. Well prepared by her midwife, Laurice Dunning, Farrell spent much of her labor walking around the Birth Suite at Lehigh Valley Hospital or relaxing in the jacuzzi.

Farrell was one of the first women in the area to benefit from Lehigh Valley Hospital and Health Network's new midwifery practice. The hospital added the service because "we wanted to give women multiple options for childbirth," says Stephen K. Klasko, M.D., chair of obstetrics and gynecology.

The Midwives, including Dunning, Lisa Fraine, Lisa Lederer and Roxanne Mitchell, are located just a block from the hospital at 17th & Chew.

Midwives Have Advanced Training

Midwifery is a centuries-old tradition, but today's certified nurse-midwives are up-to-date professionals, registered nurses with many hours of advanced training. "We emphasize teaching women to be self-reliant and trust their own bodies in delivering healthy babies naturally," Dunning says. In case of complications, the midwives have backup from the hospital's team of perinatologists and neonatal intensive care unit.

In addition to prenatal and childbirth care, midwives also provide follow-up care for the mother and newborn, and general gynecological care such as annual pelvic and breast exams.

It's their sensitive, holistic approach that Kathleen Farrell likes best. "Midwives are very supportive and personal," she says. "By the end of the pregnancy you're greeting each other with a hug. It's like a friend helping you have a baby." ■

For a brochure about The Midwives or for a referral, call (610) 402-CARE.

Midwife Laurice Dunning (right) gives a final check-up to little Ryan Farrell before he leaves Lehigh Valley Hospital's Birth Suite with mom Kathleen, dad Jerry, and little sister Samantha.



The Mystery of Fibromyalgia

**Many Women
Suffer Years
of Pain
Before
Discovering
What Their
Symptoms Mean**

Kitti Berkheimer first noticed the symptoms a few weeks after her second child was born. “I felt very achy and tired, like I was coming down with the flu,” she says. The fatigue wouldn’t go away. “Even blow-drying my hair was exhausting.”

In the following months, she experienced anxiety attacks, pain that migrated from one part of her body to another, and night after night of inadequate sleep. Her doctor ran tests, but they were inconclusive. “He kept saying, ‘You’re just under stress.’”

It would be three years before Berkheimer finally learned that her mysterious malady had a name: fibromyalgia. It’s not a new diagnosis, but it remains unfamiliar even to many medical professionals. “I’d been in nursing for 25 years and never heard of fibromyalgia until I discovered I had it,” says Karen Moore Schaefer, R.N., chair, department of nursing and health at Allentown College of St. Francis de Sales.

What Is Fibromyalgia?

Fibromyalgia is a chronic disorder of the connective tissue. It’s related to rheumatoid arthritis, but is not crippling. The syndrome occurs primarily in women and most often strikes between ages 30 and 50.

“Fibromyalgia is frustrating to diagnose because there is no definitive test,” says Bruce Ellsweig, M.D., the family practice physician who finally pointed Berkheimer in the right direction. “Basically, you do appropriate tests to exclude other illnesses.”

Fibromyalgia hasn't stopped Kitti Berkheimer from enjoying dance classes with her daughter Emmy, 4. The two are shown at "That's Dancin'!" in Wescosville.

And no one has pinpointed the cause. "One form of fibromyalgia arises for unknown reasons, and a secondary form appears to result from a significant illness or life stress such as a car accident," says William Iobst, M.D., rheumatologist at Lehigh Valley Hospital.

How Is It Treated?

What should you do if you suspect you have fibromyalgia? First, find a physician who recognizes it as a legitimate disorder that requires treatment and support. Treatment options are many, and—like the syndrome itself—highly individualized. They include:

- **Medications for depression and sleep control.**
 - **Daily exercise of the mild, low-impact variety.** "You need to be faithful about this," Schaefer says. "When I skip a day, I feel worse."
 - **Psychological support, including counseling** for the depression that often accompanies fibromyalgia. Support groups are also helpful, especially when you're newly diagnosed.
 - **Stress management.** "I sometimes wake up in the morning feeling like I spent the whole night clenching my fists," Berkheimer says. Relaxation techniques—yoga, meditation, prayer, music—are critical.
- "The single most important thing you can do as a fibromyalgia patient," Iobst says, "is take charge of your own destiny. Make a conscious commitment to all aspects of treatment. It can have dramatic benefits."

Living with Fibromyalgia

Some people with fibromyalgia do very well, according to Schaefer, and others very poorly. "In my ongoing research on how women cope with the syndrome," she says, "I discovered that one of the key factors affecting quality of life is self-esteem."

Another vital factor is a supportive family. Fibromyalgia can (and does) play havoc with relationships, in part because it's invisible. "It's hard for a spouse to understand how badly you feel when you look perfectly healthy," Schaefer says.

But given a positive attitude, disciplined self-care and good support, fibromyalgia need not stop anyone from enjoying life. Kitti Berkheimer had a third child and became president of the Allentown Auxiliary of Lehigh Valley Hospital. "I was always a perfectionist," she says. "With fibromyalgia, I had to become more realistic and focus on the real priorities in my life."

For information about the national Fibromyalgia Network and local support groups, call (610) 402-CARE. William Iobst, M.D., and Karen Schaefer, R.N., will present "Living with Fibromyalgia" March 19; see page 14 for details.

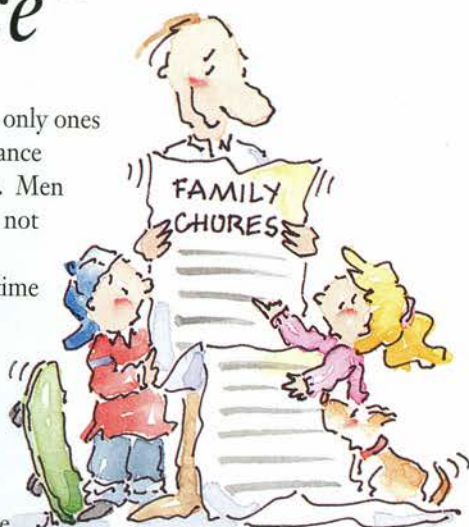
Warning Signs of Fibromyalgia

- Widespread pain lasting longer than three months
- Tender points in muscles, tissues (examples: base of skull, upper chest, shoulder blades, feet, hips, spinal column)
- Fatigue with no known cause
- Muscle weakness
- Poor sleep, or feeling unrested on waking
- Irritable bowel
- Numbness and tingling in hands, feet
- Sensitivity to stress
- Depression, anxiety attacks

These symptoms can be from many causes and do not necessarily mean fibromyalgia. But if you have several of them, ask your doctor to investigate the possibility.

A Woman's Guide to Mobilizing Your "Work Force"

Women aren't the only ones who have to balance many roles these days. Men and kids do, too. "It's not exactly a role reversal situation yet; the last time I looked, less than a third of husbands were cooking, cleaning or grocery shopping," says humorist/author Liz Curtis Higgs. "But the situation is looking up."



Higgs' own husband is a case in point. When they married, he "could boil water passably." Today, Higgs' husband and children do their fair share of housework. How did she do it?

1. Be concrete about tasks.

"You and your family see through different eyes," Higgs says. "Pick up the room" to my 9-year-old means move the skateboard out of the door. To me it means every piece of trash gone and the bookshelves neat. We're heavy into lists in our family."

2. Use incentives.

"When my kids do a task, they get a star on their chart that translates into a bit of money. Of course I affirm and hug, too—but a little green at the end doesn't hurt!"

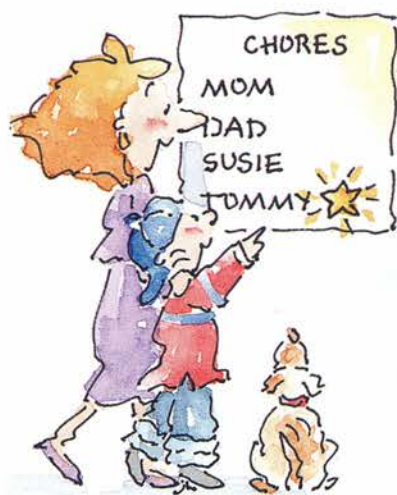
3. Do hands-on training.

"If your husband never scrubbed a tub in his life, he may be too 'macho' to say he doesn't know how. Demonstrate gently. You don't want to threaten; you want to get the job done."

4. Let go of perfectionism.

"I used to think no one could clean my house as well as I could. Then I took a good look around and said, 'Who am I kidding?' I've downgraded since I was a newlywed neatnik. My goal for the new year: better done than perfect."

Liz Curtis Higgs will be featured at Spirit of Women this April, speaking on "Forty Reasons Why Life is More Fun After the Big 4-0!" To register, call (610) 402-CARE.



Janice McElroy

Women's Advocate Extraordinaire

In the next round of elections, watch for Janice McElroy of Allentown.

This dynamic women's advocate has packed a surprising number of roles into her life. It seems inevitable, adding them all up, that her next role will be a political office.

That idea was far from McElroy's mind in 1960. Graduating at the top of her college class, she wanted to go to medical school. "I was told, 'How can you deprive a man of his place there when you're just going to get married?'"

McElroy eventually did get married and have two children; but she also studied biochemistry in Germany as a Fulbright Scholar, taught science and earned a Ph.D. in human behavior. It was her role as director of the Cedar Crest College PORTAL program (a support program for women returning to school) that focused her on women's issues. Her work with PORTAL and as president of the American Association of University Women also brought her to the attention of the Pennsylvania governor's office.

In 1988, McElroy became executive director of the Pennsylvania Commission for Women. She blossomed in this new environment linking government with other sectors. "One of our major efforts was in women's health, especially breast cancer awareness," she says. Another highlight was participating in the 1995 United Nations Conference on Women in Beijing.

Now McElroy has returned to her consulting business, Resource Development Services. "I do custom-designed human relations training for governments, schools, corporations and others," she says. "I also publish a national monthly newsletter, *WOMANSWORD*, for social and political activists."

Political activism is a way of life Janice McElroy will eagerly promote wherever her path takes her in the future. "I urge women to be informed and get involved in the issues that are close to their own hearts," she says. "But the simplest and most fundamental thing you can do is vote. It's your most important job as a citizen."



Mementoes from Beijing: Janice McElroy has a collection of hand-crafted items she found during her visit to China for the 1995 United Nations Conference on Women.

Janice McElroy will speak on global women's issues at the Spirit of Women conference in April. To register, call (610) 402-CARE.

New Emergency Department Improves Patient Care

Lehigh Valley Hospital begins the new year with a fully renovated emergency department at Cedar Crest & I-78, an up-to-date facility designed to increase patient privacy, reduce noise and improve the overall quality of patient care.

The renovations, which nearly double the emergency department space, include a relocated ambulance entrance and expanded parking area.

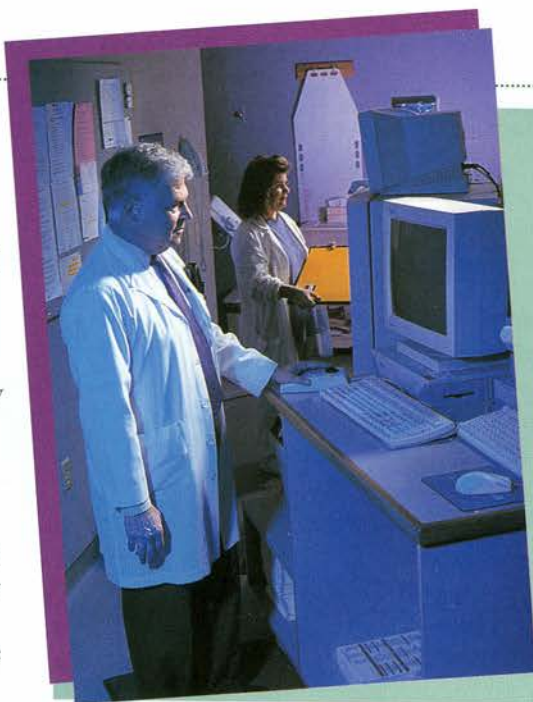
"The new ambulance entrance will allow emergency medical service workers to deliver patients directly to the Level I Trauma area, rather than traversing the entire department to get there," says Richard Shurgalla, administrative

director of the emergency medicine and pre-hospital services.

"The new emergency department exceeds many current standards of emergency care," Shurgalla says. "It improves patient privacy,

as well as the efficiency of our care, by separating patients by the acuity (seriousness) of their injury."

As part of the renovations, the helipad for MedEvac helicopters was relocated closer to the new ambulance entrance, expanding space for visitor parking.



ER Improvements

The hospital's new emergency room at Cedar Crest & I-78 features two new X-ray areas for patient convenience. (At Lehigh Valley Hospital, Marion Rumley, radiologic technologist, and Michael Geller, M.D., review patient records on-line, providing test results more quickly.

The Awakening of the Spirit

A Program of Spirit of Women 1997

Barnes and Noble Booksellers
MacArthur Road, Whitehall

Saturday, Feb. 1 (Snow date is Saturday, Feb. 8)
8-10 a.m.

Light refreshments will be served

This unique event will focus on the experience of spirit within each of us. By cultivating our spiritual essence, we awaken and renew our sense of self-worth, life purpose and direction. This program will feature discussion with several women in our community who have led inspired and spiritual lives. These powerful role models will show us how to bring inspired ways of living forward from within our lives to emerge as stronger, more spiritual women.

Call (610) 402-CARE for more information and to register. Space is limited so register early.

'Early Head Start' Targets Low-Income Toddlers

Lehigh Valley Hospital will play a major role in a new program to promote the health of low-income children. Early Head Start, a collaborative project with Community Services for Children, recently won \$3.3 million in federal start-up funding.

Early Head Start promotes the healthy development of infants, toddlers and their families. "The concept is that a strong, self-sufficient family is just as important to a child's health as immunizations and checkups," says John VanBrakle, M.D., chair, pediatrics. Services will

include home visits, referrals to health and human services, and programming at an Early Head Start Family Place at 17th & Chew.

Outcomes will be carefully measured. "This kind of early intervention should improve children's health and reduce costs," says Jamie Balducci, M.D., LVH chief of maternal-fetal medicine, "but we need hard data to demonstrate that."

"Cooperative ventures like these advance our mission as a 'hospital without walls' and strengthen the community as a whole."

New Funding Will Strengthen LVH Services to Children

Some major gifts and a new appointment will expand Lehigh Valley Hospital's programs for children this year. John VanBrakle, M.D., chair of pediatrics, has been named to the Forrest G. Moyer Distinguished Chair in Pediatrics. The chair, a gift from Edward and Inez Donley, will allow VanBrakle

to focus on pediatric teaching and research. "Our teaching programs with Penn State College of Medicine in Hershey strengthen our patient care by keeping us



John VanBrakle, M.D.,
chair, pediatrics

current in our knowledge and helping us recruit outstanding physicians," VanBrakle says. "We will also use the funds from the Moyer chair to support community health programs for children."

The other gifts to pediatrics are \$170,000 in proceeds from the Nite Lites at Dorney fund-raiser and a challenge gift from the Allentown Auxiliary of Lehigh Valley Hospital that resulted in \$50,000 in donations. These funds will support the outpatient pediatric clinic for poor and uninsured children and pediatric specialty care for all the children of the Lehigh Valley.

Pool Trust Creates Endowed Chair in Community Health

Lehigh Valley Hospital's community health mission got a major boost this year, thanks to a gift from the

Dorothy Rider Pool Health Care Trust. The Trust pledged \$1.5 million to endow the Leonard Parker Pool Chair of Community Health and Health Studies. It will be filled by Mark J. Young, M.D., chair, community health and health studies, Lehigh Valley Hospital.

An endowed chair is unusual in a community hospital; it's typically associated with a university. Young will use the funds to enhance teaching, research and community service activities. "This investment will support innovative programs in community health that would not otherwise be possible," Young says. "It puts Lehigh Valley Hospital in a position to be a national model for others to learn from."

In the Next Issue

- ABCs of Successful Aging
- Cancer and Diet
- Boost Your Child's EQ (emotional intelligence)
- Too Late to Have a Baby?
- Benefits of Yoga

*If there is another topic you would like to see in an upcoming edition of **Healthy You**, call (610) 402-CARE.*

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